

Easy Feng Shui @ Home

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Introduction to Classical Feng Shui – by Susanne Schutz

Classical Feng Shui is an ancient science that studies how Qi (cosmic energies) can be harnessed to benefit our internal and external environments. Qi is intangible, yet its effects permeate virtually every aspect of our lives.

Classical, or Authentic Feng Shui deals with matters of energy in our environment and is personal to each individual. It is highly customizable and therefore very powerful when done correctly. Since Qi

is a natural phenomenon that can neither be created nor destroyed, it also cannot be generated by man-made objects such as decorative items and designs.

The goal of Classical Feng Shui is to identify sources of positive Qi within an environment and position a property, and ourselves within that property, to receive this positive Qi. One of the cornerstones of Classical Feng Shui is the notion that 70% of what influences you inside your home actually happens OUTSIDE, such as the interaction between external landforms, neighbouring buildings and other built-up structures. Consequently, if you live in an environment that has largely negative external features, you simply do not have much to “tap into”, regardless of how you position your bed or where your door is located.

There are, nevertheless, a few general guidelines for internal Feng Shui that are fairly simple and straightforward to implement and will help balance the internal Qi flow within your home. Classical Feng Shui focuses on three key areas within a home: the main door, the kitchen, and the bedroom(s). If you are working from home, then the home office is also taken into consideration. All other areas are considered secondary.



Main Door

The main door is considered the “Qi Mouth” of a house. It is through the main door that most energy enters your home. It is therefore extremely important that the main door is not affected by any negative internal or external features so Qi can enter smoothly.

- Keep the area of your main door clutter-free and remove all potential obstacles. Invest in a shoe cabinet and an umbrella stand in order to keep this area clear.
- If the main door is in a straight alignment with a toilet, keep this toilet door closed at all times. Otherwise the Qi entering the home will not be able to disperse freely through the house, but rather collects in the toilet where it is rendered useless.



Kitchen

The kitchen is where we prepare meals for our family. It therefore plays an important role in the health and wellbeing of all family members.

- Avoid apartments or houses where the kitchen is located right in the center of the property. The center is the heart of a property. Locating a kitchen in this area will cause long term, chronic health issues and illnesses.
- Avoid a “Fire-Water-Clash” by ensuring the sink and the stove have at least 1-2 feet between one another if placed directly next to each other. If the gap is less than 1-2 feet, put up an artificial barrier in between, such as a spice rack, a thin plywood or metal partition.
- Ensure that the stove is always placed against a solid wall, never as an island in the center of the kitchen without a solid backing.
- Avoid having the stove in direct alignment with the kitchen door. In such a situation, either move the stove or place a console or table in between the door and the stove.



Bedroom

Considering how much time we spend in the bedroom sleeping and recuperating, this is arguably one of the most important areas in every home – both for wealth and health.

- The bedroom is supposed to be serene and quiet. Avoid placing a TV in the bedroom, it makes the room “too active”.

- Do not sleep in a bed that is positioned directly below a structural ceiling beam. This will cause head, neck and shoulder problems, migraines and in severe cases, depression. Simply move the bed so that your head is not below the beam.
- Ensure that the headboard rests against a solid wall, giving you an extra sense of safety and security.
- Avoid sleeping in a bed that is directly aligned with the room door, i.e. the room door should not “point” at the bed. If this cannot be avoided, then place a folding screen between the bed and the room door.

Following these few general guidelines will help a great deal making your home’s Qi flow more balanced and harmonious and aligning each room with its true purpose.

Susanne Schutz is the Founder and Managing Director of [Suzhong Consulting Limited](#), a Classical Feng Shui consulting firm. She is currently the only Hong Kong based foreign Feng Shui consultant. Susanne has spent 20 years in Asia (China, India and the Philippines), where she worked as a business and management consultant for almost 16 years before deciding to follow her passion and making a drastic career change to become a Classical Feng Shui consultant. She took a sabbatical to study with [Grandmaster “Dato” Joey Yap](#) in Kuala Lumpur and graduated with distinction from the Mastery Academy for Chinese Metaphysics with a Masters Degree in Classical Feng Shui. She can be contacted at sschutz@suzhongconsulting.com or on [Facebook](#).



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